

Secondary Academic 7-12 Endorsement in Physical Education

Comprehensive Major

Thirty-six (36) semester credits required for a major in physical education **must** include course work in **each** of the following areas:

- | | |
|-----|--|
| 1. | Anatomical kinesiology or mechanical kinesiology, or both |
| 2. | The physiology of exercise |
| 3. | Testing and measurement of skills and ability in physical education |
| 4. | The psychological or social aspects of physical education |
| 5. | Methods and techniques of teaching sports for teams |
| 6. | Adapted physical education |
| 7. | Methods and techniques of teaching physical fitness |
| 8. | Methods and techniques of teaching rhythm and dance |
| 9. | Motor learning |
| 10. | Methods and techniques of teaching individual sports and sports that can be participated in at any stage of life |
| 11. | Methods of teaching secondary physical education |
| 12. | Advanced first aid or an equivalent course of study |

Comprehensive Minor

Twenty- four (24) semester credits required for a minor in physical education **must** include course work in **each** of the following areas:

- | | |
|----|--|
| 1. | Anatomical kinesiology or mechanical kinesiology, or both |
| 2. | The physiology of exercise |
| 3. | Methods and techniques of teaching physical fitness |
| 4. | Methods and techniques of teaching individual sports and sports that can be participated in at any stage of life |
| 5. | Methods and techniques of teaching sports for teams |
| 6. | Motor learning |

Note: A one (1) semester credit hour activity course in dance, weight training or a sport such as basketball, baseball, track or tennis is not acceptable in meeting the requirements for a comprehensive minor in physical education.